



# Peace of Heart: Reflections on Choices in Daily Life (7 X 4: A Meditation a Day for Four Weeks)

*Marc Foley*

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How can we achieve peace of mind? We can only experience true peace of mind when we have true peace of soul when we are in right relationship with God, our neighbor, and our deepest self. The meditations in this little book explore how small practices and daily choices can foster true peace of soul. ABOUT THE SERIES The volumes in NCPs 7 x 4 series offer a meditation a day for four weeks, a bite of food for thought, a reflection that lets a reader ponder the spiritual significance of each and every day. Small enough to slip into a purse or coat pocket, these books fit easily into everyday routines.

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